

# Your Charter of Rights

## You have the right to feel good about yourself by:

- ⊗ Knowing who you are and your history
- ⊗ Knowing that people care about you
- ⊗ Knowing about your culture and spiritual identity
- ⊗ Having personal things and having them kept safe
- ⊗ Developing your talents and interests, like sport or art
- ⊗ Keeping in contact with the people who help you feel good about yourself



## You have the right to live in a place where you are safe and cared for. This means a place where:

- ⊗ People understand and respect your culture
- ⊗ You are not hurt or made to feel bad
- ⊗ You have someone to talk to and people talk to you kindly
- ⊗ Things are fair, you get treated with respect and your opinions asked for
- ⊗ You know who to go to if you have a problem or want to complain



## You have the right to get the help you want or need.

### This means:

- ⊗ A plan for your support which you have been included in making
- ⊗ A plan for where you live and work
- ⊗ A good education, and extra support if you need it
- ⊗ Medical, dental and other care when you need it



## You have the right to understand and have a say in the decisions that affect you. This means:

- ⊗ Express your opinion about things that affect you
- ⊗ Be involved in what is decided about your life and your care
- ⊗ Confidence that information about you will not be shared without good reason
- ⊗ Speak to someone who can act on your behalf when you cannot do this

## You have rights.

If you feel that you are not being listened to or you need someone who can act on your behalf or you want to make a complaint. This is what you can do...

- ⊗ Speak to your support worker, or a manager
- ⊗ Speak to the Privacy and Complaints Officer on (08) 8338 0795

